2016 Healthy Heart Program
Nutrition Care, Lyster Army Health Clinic

Learning you have heart disease or are at risk for heart disease can cause some concern. The Healthy Heart education program at Lyster Army Health clinic is designed to provide you with a starting place on your journey to learning about improving your heart disease, lowering your risks and providing you the newest heart care guidelines in the treatment and prevention of heart disease. You will learn valuable information you can use to work with your health care providers to best control your risk for or treat heart disease.

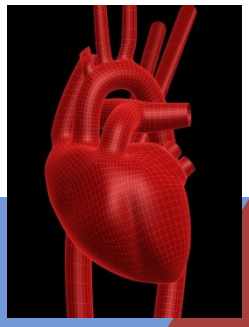
The Healthy Heart program classes are offered on a monthly basis at Lyster Army Health Clinic for active duty soldiers, retirees and their family members in the Fort Rucker community who have elevations in blood pressure, total cholesterol, LDL cholesterol, triglycerides, or low HDL cholesterol or those at risk for developing heart disease.

Class topics include:

- The basics about heart disease
- Types of dyslipidemia
- Hypertension
- What happens when you eat cholesterol, fat, sodium and fiber
- "Normal" blood lipid ranges
- "Normal" blood pressure ranges
- Benefits of staying in control
- Possible long term complication
- Eating the right amount of food at the right time
- Choosing healthy foods
- Meal planning options
- Benefits of exercise
- Dietary Supplements
- Controlling your weight
- Strategies for dealing with and preventing heart disease
- Working with your health care team
- General Health Care
- Having a positive outlook

•Classes are held the 2nd Wednesday of each month from 0900-1100.

•After completion of the classes, at least one individual visit with the Registered Dietitian is recommended.
•Continued healthy heart education is recommended yearly.



Class Dates

13 Jan	13 July
10 Feb	10 Aug
9 Mar	14 Sep
13 Apr	12 Oct
11 May	9 Nov
8 Jun	14 Dec

Contact the Nutrition Care Clinic to schedule classes 255-7986

***Class dates and/or times are subject to change.**